



PERSONAL TRAINING CLINICS

The Personal Training Clinics are free of charge and are 45 minutes in length. Taught by an established personal trainer, the goal of the Personal Training Clinics is to enhance your working knowledge of exercise, fitness, and health. Please see below for the days, times, and locations of these clinics. Topic descriptions are on the reverse side of this sheet.

Please meet at the Fitness Centre. Both members and non-members are welcome.

November – December 2011

Date	Time	Topic	Personal Trainer*	Location
Sat November 12	11:00 am	You Know "Squat"	Rob Galbraith	Thornhill
Sat November 19	11:00 am	Body Boot Camp	Marietta Wong	Markham
Sat November 26	12:00 pm	Massage – Why It Heals	Laura Pimm – Guest Lecturer	Thornhill
Sat December 3	11:00 am	You Know "Squat"	Rob Galbraith	Markham
Sat December 3	12:00 pm	Functional Flexibility	Andrew Jennings	Thornhill
Tue December 6	7:00 pm	Glycemic Index – What it Means	Courtney Bloch & Kim Subero	Thornhill

*Visit our website, www.5morept.com, to view Trainer biographies.

To register:

- Email: info@5morept.com
- Phone: 416-274-4038
- Facebook: www.facebook.com/5morept

Limited spaces available, register early!

CLINIC DESCRIPTIONS



You Know “Squat”

Learn everything there is to know about a squat – anatomy, physiology, biomechanics, and movement variations. This important exercise trains more than just your legs -- it is a total body exercise. Learn the top five (5) training flaws and mistakes with squats that take place in the gym on a daily basis and how to correct them. This information-packed seminar will provide you with a new insight into the world of squats.

Body Boot Camp

Experts praise the body weight workout as one of the best ways to increase core and functional strength. Find out how you can use your own body weight in any environment to make you strong and look amazing! Please come dressed in workout attire, ready to participate.



Functional Flexibility

The Functional Flexibility Clinic will give you a tremendous insight on the reasons “WHY” you need to implement a flexibility regime into your lifestyle – injury prevention, increased circulation, greater range of motion of the body joints, improved soft tissue pliability -- just a few of the reasons WHY you should comply to a flexibility routine.

Glycemic Index – What it means and how to use it!

This clinic will be lead by our in-house future dietitians who are currently on staff as Personal Trainers. The Glycemic Index will be explained along with how to implement it into your current diet. Hot topics such as how blood sugar spikes can lead to weight gain and how to use the glycemic index for weight loss and maintaining energy levels throughout the day will be discussed at this clinic.



Massage – Why it heals!

A registered massage therapist (RMT) will explain the reasons why massage therapy has been found to be a very effective healing power to the body. This clinic is an excellent source of information in understanding what massage is and the many benefits it has in repairing and healing the body.